

# Vegetarian Chili

(page 236, *Vegetarian Main Dishes*)

*A fiber-rich vegetarian version of the classic.*

- |                  |   |
|------------------|---|
| 1 tbsp (15 mL)   | vegetable oil   |
| 2                | cloves garlic, diced  |
| 1/2 cup (125 mL) | diced red onion   |
| 1                | package (12 oz/340 g) Mexican-flavored vegetarian ground round                |
| 1 cup (250 mL)   | diced green bell pepper   |
| 2                | cans (each 19 oz/540 mL) diced tomatoes (about 4 3/4 cups/1.175 L)            |
| 1                | can (19 oz/540 mL) red kidney beans, drained and rinsed (about 2 cups/500 mL) |
| 1 cup (250 mL)   | grated carrots  |
| 1 tbsp (15 mL)   | dried parsley   |
| 1 tsp (5 mL)     | hot pepper sauce  |
|                  | Freshly ground black pepper   |
| 1/2 cup (125 mL) | shredded Cheddar cheese   |
1. In a large skillet, heat oil over medium heat. Sauté garlic and red onion until softened, about 5 minutes. Add ground round, breaking it apart with a wooden spoon to prevent clumps; sauté for 2 to 3 minutes or until evenly heated. Add green pepper and sauté for 2 to 3 minutes. Add tomatoes, beans, carrots, parsley, hot pepper sauce and pepper to taste; cook, stirring occasionally, for 10 minutes or until beans are heated through.
  2. Ladle into serving bowls and sprinkle with cheese.

*This recipe courtesy of dietitian Lindsay Mandryk.*

Makes 6 servings

## Nutrients

PER SERVING

Calories 194; Fat 6 g; Carbohydrate 20 g; Fiber 7 g; Protein 15 g

## Healing Fatty Liver Disease



A Complete Health & Diet Guide  
Including 100 Recipes

Dr. Maitreyi Raman, MD, MSc, FRCPc,  
Angela Sirounis, BSc, RD, & Jennifer Shrubsole, BSc, RD

## TIPS

If you cannot find Mexican-flavored vegetarian ground round, use regular vegetarian ground round and add 2 tbsp (30 mL) chili powder.

Freeze this dish in meal-sized portions so you can have a hot, healthy meal anytime.

Serve with half a bagel and a glass of milk.

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